



Cobb County...Expect the Best!

North Cobb Senior Center

ON-GOING ACTIVITIES

Seniors age 55+ are welcome to participate between the hours of 8:30 am and 4:30 pm.

MONDAYS	Class	Cost	Dates
9:00 - 10:00 am	Focus on Fitness	FREE	weekly
9:00 - 11:00 am	Woodcarvers	FREE	weekly
10:15 am - 12:15 pm	Table Tennis	FREE	weekly
1:00 - 4:00 pm	Hand and Foot	FREE	weekly
12:30 - 3:30 pm	Open Bridge	FREE	weekly
<u>TUESDAYS</u>			
8:00 am	Walking Club	FREE	weekly
9:00 - 10:00 am	Focus on Fitness	FREE	weekly
9:00 - 1:00 pm	AARP Defensive Driving*	\$10.00	1st Tues & Thur
10:00 - 11:00 am	Focus on Fitness	FREE	weekly
11:30 am	Celebrity Singles	Dues	1st Tues
1:30 - 3:30 pm	Sew & So's	FREE	weekly
1:00 - 4:00 pm	Mexican Train Dominos	FREE	weekly
<u>WEDNESDAYS</u>			
10:00 - 11:00 am	Golden Kiwanis		weekly
12:30 - 3:30 pm	Open Bridge	FREE	weekly
1:00 - 4:00 pm	Hand and Foot	FREE	weekly
<u>THURSDAYS</u>			
8:00 am	Walking Club	FREE	weekly
8:30 - 9:30 am	Strength Training	FREE	weekly
9:00 - 1:00pm	AARP Defensive Driving*	\$10.00	1st Tues & Thurs
9:30 - 10:30 am	Focus on Fitness	FREE	weekly
10:45 - 12:30pm	Open Table Tennis	FREE	weekly
1:00 - 4:00 pm	Scrabble	FREE	weekly
1:00 - 4:00 pm	Pinochle	FREE	weekly
1:00 - 4:00pm	Rummikub	FREE	weekly
<u>FRIDAYS</u>			
1:00 - 3:00 pm	Bingo*	\$3.00	monthly
1:00 - 3:00 pm	Film on Friday	FREE	monthly
1:00 - 4:00 pm	Hand and Foot	FREE	weekly
1:00 - 4:00 pm	Paint for Fun (no lessons)	FREE	weekly

***Requires advance registration**

(Updated 12/4/07)